

## 2020 – 2022 **Midlife experience: transitions, crises, and growth**

For a long time, midlife was not viewed as a particularly problem-filled period of life. At the same time, however, it is often viewed as the ‘crossroads’ of life, full of challenges, changes, peaks, and lows. The goal of the proposed project is to 1) describe midlife experience; 2) expand our understanding of midlife by considering narrative identity as a significant component of personality; 3) deepen our knowledge of midlife by comparing implicit/unconscious motives and explicit/conscious needs; and to 4) explore midlife affectivity (subjective changes in emotions, wellbeing, and resiliency). The research sample should include app. 100 participants balanced as to age groups (40+; 45+; 50–60) and gender. We plan to combine the results of analyses of narrative interviews, quantitative self-reported surveys (aimed at investigating affectivity and motivation), and indirect measures of implicit motives. This ‘patchwork’ approach to research is well-suited for investigating and explaining various aspects of middle adulthood.